



The Fly-By

A Quarterly Publication of the
Southwest Region
April, 2019



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The Fly-By is published quarterly on the first month of each quarter. Deadline for submissions are:

1Q – 20 December

2Q – 20 March

3Q – 20 June

4Q – 20 September

Text may be submitted in the body of an e-mail (preferred) or as a document attached to an e-mail (a .txt or Word .doc/docx, or, if written in another word processor, saved as an .RTF).

Images in JPG format, un-retouched, un-cropped, and at least 1200 x 900 pixels, sent as attachments, never embedded in the document.

Credits: In all cases, please give full grade, name and unit of assignment of

- The article's author(s),
- Photographer, and
- Anyone in the article or appearing in photos.

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Send submissions to the Editor at:

awoodgate@cap.gov

Message size limit: 20 MB

SWR Commander's Corner

Listed below are the recipients of the Civil Air Patrol, Southwest Region annual awards for performance in 2018. I sincerely appreciate and congratulate the outstanding volunteers being recognized for their very significant contributions to our organization, communities and nation.

Maj Gen Jeanne M. Holm Aerospace Officer of the Year: Capt. Rene A. Larricq, SWR-NM-083

Aerospace Education Teacher of the Year: Ms. Becky Fritchie, Spanish Lake Primary School, Geismar, Louisiana

Frank G. Brewer Memorial Aerospace Awards Cat I, Cadet: Cadet Capt. Brennan Peter Main, SWR-TX-388

Frank G. Brewer Memorial Aerospace Awards CAT II, CAP Senior Member: Maj. Robert Kaye, SWR-AZ-021

Cadet of the Year: Cadet Lt. Col. Jacquelyn K. Harsha, SWR-OK-002

AFSA Cadet NCO of the Year: Cadet Chief Master Sgt. Olivia Grace Spafford, SWR-NM-083

John V. "Jack" Sorenson Cadet Programs Officer of the Year: Tech Sgt. Gary D. Podgurski, SWR-AR-083

Character Development Instructor of the Year: Lt. Col. Lori L. Noyes, SWR-TX-007

Squadron Chaplain of the Year: Chaplain (Lt. Col.) James E. Williams, SWR-TX-148

Senior Chaplain of the Year: Chaplain (Lt. Col.) Nancy T. Smalley, SWR-001

Communicator of the Year: Capt. Michael G. Moody, SWR-TX-371

Norm Edwards Counter Drug Officer of the Year: Capt. Russell C. Miller, SWR-AZ-013

Director of Finance of the Year: Lt. Col. Laurie A. Lancaster, SWR-TX-001

Colonel Dion E. DeCamp Ground Team of the Year: Edmond Composite Squadron, SWR-OK-002

Inspector General of the Year: Lt. Col. Priscella Boren, SWR-TX-001

Col Edwin W. Lewis, Jr. Incident Staff Member of the Year: Capt. James E. McKelvey, SWR-NM-012

Col Robert V. "Bud" Payton PAO of the Year: 1st Lt. Michael Roger Saul, SWR-NM-083

Professional Development Officer of the Year: Maj. Natalie Franc, SWR-TX-215

Drug Demand Reduction Member of the Year: Lt. Col. Beverly A. Vito, SWR-NM-083
Property Management Officer of the Year: 2d Lt. Roberto Velazquez, SWR-TX-098
David Kantor Operations Staff Officer of the Year: Capt. Thomas A. Billstrand, SWR-NM-030
Safety Officer of the Year: Capt. Nancy E. Carver, 544213, SWR-AR-042
Senior Member of the Year: Lt. Col. Lawrence L. Webster, SWR-AR-099
Squadron of Distinction: Oklahoma City Composite Squadron, SWR-OK-113
Paul Turner Safety Award: Arkansas Wing. 🇺🇸

Col. Joe R. Smith, CAP
Southwest Region Commander

Safety is Priority One

Please read the latest issue of The Safety Beacon for timely, seasonal advice at <http://members.gocivilairpatrol.com/safety/>

Have you taken the **Operational Risk Management** Basic, Intermediate and Advanced online courses? Please visit: http://www.capmembers.com/safety/safety_education/

- Safety must be on every CAP member's mind, at all times.
- Before engaging in any CAP activity, a safety briefing must be conducted.
- Don't miss the Safety Specialty Track training posted at <http://www.capmembers.com/safety/safety-newsletters-2248/>
- ***Safety is our Number One Priority.***

How to Submit News Items for this Newsletter

▪ ***Which Articles Are Best?***

Ideally, articles should deal with a wing-wide event, preferably conducted in conjunction or coordinated with another wing (or better yet across regions).

Individual articles dealing with a subject that is of interest to a broad audience qualify as well.

Articles bylined by cadets, especially when the subject is of interest to a broad audience, are also welcome.

▪ ***Do I Submit Photos?***

Articles with no photos may not be selected for publication. Do not embed images in a Word document. Instead, send in the original, un-retouched, full-size digital photos as attachments.

▪ ***If You Have Article Ideas or Suggestions***

If you have an article in mind but are not sure whether it would be acceptable, you need some guidance in writing it, or you would like to comment on the material published here, please feel free to contact the editor: awoodgate@cap.gov. 🇺🇸



Left: Arkansas Wing awarded the SWR Cadet Competition trophy at the conclusion of the contest. (L-R) 83rd Composite Squadron Capt. Phil Robertson, escort 1st Lt. Joshua Berger, Cadets Sara Robinson, Shannon Rogers, Micah Alt, Grant Adams, Kyle Bellisario, and Caleb Berger, and SWR Commander Col. Joe Smith *(Photo: 1st Lt Jonathan McIntyre, CAP)*

Below: Arkansas Wing Cadets fold the National Flag during the outdoor color guard event at the Southwest Region Cadet Competition. *(Photo: Cadet Master Sgt. Mathew Cabbj-Wilkin, CAP)*

Southwest Region Cadet Competition

by 1st Lt. Jonathan McIntyre, Arkansas Wing

FORT SMITH, Ark. – Every year, Civil Air Patrol holds a National Cadet Competition (NCC) to which each of the 8 regions that make up the National organization can send up to two teams to compete for the USAF Chief of Staff Outstanding Cadet Team Championship Trophy. The NCC is held at the U.S. Air Force Museum in Dayton, Ohio, and tests the cadet teams in the multiple disciplines that make up Civil Air Patrol's cadet programs, such as physical fitness, color guard, flag etiquette, wear of the uniform, and CAP knowledge. For cadets to be successful, in almost all events they must work as a team.

The Civil Air Patrol's Southwest Region Cadet Competition took place on February 17, 2019, at the Arkansas Army National Guard Joint Maneuvering Training Center, Fort Chaffee, located near Fort Smith, Arkansas. To ensure that all cadet teams had ample time for safe arrival, since some teams had to drive eight hours or more, check-in was scheduled for the day before. The Arizona team traveled over 1,100 miles to make it to the competition. As the competing cadets, their Senior Member escorts and support staff from around Arkansas Wing arrived, the participants settle in, receive billeting assignments, and prepared for the following day.



Of the six wings that comprise Southwest Region (SWR), four teams competed: Arizona Wing's 301st Composite Squadron of Phoenix, Arkansas Wing's 83rd Composite Squadron of Fort Smith, Louisiana Wing's Lake Charles Composite Squadron of Lake Charles, and Texas Wing's Thunderbolt Composite Squadron of Allen.

After check-in, in the evening, the competitors and support staff met at the base theater. The event officially kicked off with a welcoming and safety briefing provided by Event NCO Tech Sgt. Gary Podgurski, event safety staff, SWR Commander Col. Joe Smith and Activity Director Lt. Col. Victor Santana.

The command staff encouraged all cadets to excel. Lt. Col. Santana commented, "Just being here you [the competing cadets] are already winners." Col. Smith encouraged all cadets to do their best, saying that events such as this one are meant to bring something more out of the cadets than they expected of themselves. Tech Sgt. Podgurski later added, "Only one team will take that trophy home. But just by being here, you have already lapped everyone else sitting on the couch. You've already beaten every other cadet and squadron in your Wing to be here."

After the briefing, it was time for well needed rest, since the first event, the Physical Fitness Test, would begin at six o'clock in the morning. The participants were eager to start the day that would bring two teams closer to representing the region at the NCC, in Ohio.

Time	Event	# of Cadets	Uniform
06:00	PT Test	All	PT
09:00	Uniform Inspection / Uniform Prep	2	PT
10:00	Written Exams	All	PT
13:00	Uniform Inspection	2	Class B
13:00	TLP	4	Class B
14:00	Outdoor Posting of the colors	4	Class B
	Extemporaneous Speaking	1	Class B
15:00	Indoor Posting of the colors	4	Class B
	Impromptu Speaking	1	Class B
18:00	Cadet Jeopardy!	1 to 2	ABU
20:00	Awards/Closing Ceremony	All	ABU

Below are the events of the day:

The Physical Fitness Test consisted of curl-ups, sit and reach, push-ups, and the mile run. All cadets competed at their highest levels and, although the competition was intense, an air of camaraderie united the competitors. Perhaps the most salient sign of sportsmanship was displayed when the last competitors of the mile run were reaching the finish line, as cadets that had already finished ran out to join them and encourage their fellow cadets to finish strong.

The event staff sought to ensure that the competition was judged fairly. Therefore, outside resources provided impartial judges. The elective speeches were judged by Director of Western Arkansas Education Renewal Zone Jennifer Jennings Davis, from the University of Arkansas, Fort Smith campus, who also has extensive experience in judging high school speeches and debates. Military experts 1st Lt. Jean Schnauffer and Master Sgt. Brian Mays, from the 188th Wing Honor Guard, located at Ebbing Air Force Base, Fort Smith, Arkansas. scored the cadets' uniform inspections, uniform prep, and posting the colors – outdoor and indoor events.

Extemporaneous speeches and prepared speeches had to be on any subject related to Civil Air Patrol, so the subjects were as diverse as each cadet. Louisiana Wing's Cadet Master Sgt. Uriah Galmon gave his speech on the importance of the United States' continued air superiority around the globe. He stressed that America should still strive to maintain air superiority. Texas Wing's Cadet Tech Sgt. Tharun Ekkarti's speech highlighted the use of Civil Air Patrol vehicles, in particular the need to update the aging fleet. He suggested that CAP should invest in more full-sized trucks that would allow ground teams to navigate deeper into harsh terrain during missions. Arizona Wing's Cadet Master Sgt. Markus Kohl spoke about leadership, its various forms, and proper implementation. He used examples from past leaders to show the difference in leadership styles what stood out about each leader. His points were meant to show how there is not just one way to lead effectively. Arkansas Wing's Cadet Sr. Master Sgt. Kyle Bellisario completed the prepared speeches with his presentation of an overview of Civil Air Patrol and why youth should join CAP. He went on to explain why he enjoys CAP and why others should join as well.



Left: Texas Wing Cadets post the colors during the Indoor Color Guard event of the SWR Cadet Competition. (Photo: Cadet Master Sgt. Mathew Cabbj-Wilkin, CAP)

Below: Cadets Julia Gorthey (Texas), Caleb Berger (Arkansas), Donald Martin (Louisiana) and Markus Kohl (Arizona) compete in Cadet Jeopardy as the final event of the SWR Cadet Competition. (Photo: 2nd Lt. Kari L. Winders, CAP)

At the conclusion of the extemporaneous speeches, cadets were given 10 minutes to prepare for a speech on “Should we explore space?” The first speaker, Texas Wing’s Cadet Sr. Master Sgt. Julia Gorthey, had firsthand experience with this question. In her speech she mentioned that over the summer she had interned at NASA in Houston. She believes in space exploration and hopes to see humans on Mars in her lifetime. The remaining cadets expressed the same opinion. Arizona Wing’s Cadet Master Sgt. Kennedy Duong believes that we should explore space to learn to adapt to other environments if we are to colonize elsewhere. Louisiana Wing’s Cadet Maj. Donald Martin wanted to explore space for the sake of knowledge about what lies beyond our solar system. Arkansas Wing’s Cadet Master Sgt. Micah Alt thought that we need to explore space primarily to locate where humans will live if, or when, the Earth becomes uninhabitable because of global warming.

Ms. Jennings Davis was impressed with all the cadets’ topics and speeches. After each speech, she offered feedback to each cadet. Davis spoke to each group of speakers to give them pointers sharing with them her experience judging debates.

During the speaking events, the rest of the cadet team members participated in Outdoor and Indoor Color Guard events. The cadets were graded by Lt. Schnauffer and Master Sgt. Mays on reporting, their organization, posting the colors, and retrieving the colors. The Outdoor event consisted of the cadets reporting to the judges. and marching to the flag pole. Once at the pole, the cadets had to properly raise the flag to half-staff. Once the color guard retreated, they then had to retrieve and correctly fold the flag. As a challenge, the national flag used was a post flag (10’x20’), which was significantly larger than many cadets were accustomed to.



For Indoor Color Guard, the cadets must follow the same protocol, but must post the colors in an environment where the colors are posted on stands. The color guard commander reports, then marches the team and posts the colors. After having retreated, the color guard had to retrieve the colors and retreat, much what would need to be done for a ceremony or special event.

Prior to the awards presentation and closing, the teams participated in a game of Cadet Jeopardy. Representing their respective Wings were, Arizona Wing’s Cadet Master Sgt. Markus Kohl, Arkansas Wing’s Cadet 2nd Lt. Caleb Berger, Louisiana Wing’s Cadet Maj. Donald Martin, and Texas Wing’ Cadet Sr. Master Sgt. Julia Gorthey. Even though the event was part of the competition, the cadets relaxed and were able to enjoy themselves.

The cadets worked hard, showing sportsmanship and professionalism during the long day of events. In the past, the primary regional winners have been from Texas and Arizona Wings. The

-By, Southwest Region, April, 2019



competition put up by the cadets showed as the teams' scores were very close. This resulted in a tie for 2nd place and only one point separated them from the winning team. The two teams that tied were the Arizona and Texas Wings. The team in second place came down to the team that won the Indoor and Outdoor Color Guard events, which went to Texas Wing. The team winning the Southwest Region Cadet Competition, which had gone to the national competition only once since 2001, was Arkansas Wing's.

Left: Tech Sgt. Gary Podgurski receives a Meritorious Service Award from SWR Commander Col. Joe Smith.

Below: Lt. Col. Victor Santana receives a Meritorious Service Award from SWR Commander Col. Joe Smith. (Photos: 2nd Lt. Karis Bellisario, CAP)

Tech Sgt. Podgurski commended everyone on their support and participation during the event. He felt the event went on better than expected, and was thankful for everyone who came out in support of the competition. Podgurski also said that he was proud of all the cadets, no matter how they placed.

Louisiana Wing's Cadet Programs Director Lt. Col. Santana said that he had enjoyed his time as the activity director and would do it again. On multiple occasions, he

commended the cadets on their performances and expressed his gratitude for the teams' having come to the competition.

During his final remarks, Col. Joe Smith mentioned that he was glad to have detected in the competition the reason why he has stayed in CAP for over 20 years: the spirit of the cadets. He thanked and commended Tech Sgt. Podgurski and Lt. Col. Santana for their work on the competition. Col. Smith presented both Podgurski and Santana with Meritorious Service Awards.

SWR Chief of Staff Lt. Col Harriet Smith remarked that with this event she hopes, "...there is a renewed energy in cadet programs in the Southwest Region. All the cadet did a great job."

Individual Event Awards (teams received streamers)

PT	Arkansas Wing
Knowledge	Louisiana Wing
Uniform	Texas Wing
Outdoor CG	Texas Wing
Indoor CG	Texas Wing
TLP	Louisiana Wing
Speeches	Arkansas Wing

Overall Winners (received medals)

1st Place	Arkansas Wing
2nd Place	Texas Wing
Sportsmanship	Arizona Wing/ Louisiana Wing
1st Place Speech	Cadet Sr. Master Sgt. Kyle Bellisario (Arkansas Wing)
2nd Place Speech	Cadet Master Sgt. Micah Alt (Arkansas Wing) 🇺🇸





Top: Members of Arizona Wing's delegation to CAP National Legislative Day in Washington regrouped on the Capitol steps after meeting for two days with representatives and senators. (Front row, L-R) Lt. Col. James Nova, Lt. Col. Rob Pinckard, Col. Martha Morris, Maj. Jerad Hoff, Cadet Chief Master Sgt. Kelci Knigge, Cadet Maj. Mackenzie Mollohan. (Back row, L-R) Maj. Mark Schadt, Capt. Margot Myers, Capt. Gordon Helm, Lt. Col. Leonard Cassell (joining the group from Nebraska Wing), Cadet 2nd Lt. Brandon Sarrasin, and Cadet Lt. Col. Jacob Little. (Photo: Lindsay Shipps, CAP NHQ Government Relations Staff)

Arizona Wing Members Visit Capitol Hill During National Legislative Day

by Capt. Margot Myers, CAP, Arizona Wing

WASHINGTON – On February 27-28, 2019, 11 Arizona Wing members participated in Civil Air Patrol's annual visit to Capitol Hill to inform members of Congress about CAP programs and budgetary needs.

The delegation was led by Arizona Wing Commander Col. Martha Morris with the guidance of Wing Government Relations Advisor Lt. Col. James Nova, who also serves as the State Legislative Coordinator on CAP National HQ staff. The senior members from Arizona Wing also included Vice Commander Lt. Col. Rob Pinckard, Chief of Staff Maj. Jerad Hoff, Deer Valley Composite Squadron Commander Maj. Mark Schadt, Asst. Government Relations Advisor Capt. Gordon Helm, and Public Affairs Officer Capt. Margot Myers. Four cadets who also participated were Cadet Lt. Col. Jacob Little and Cadet Chief Master Sgt. Kelci Knigge both of Deer Valley Composite Squadron; Cadet Maj. MacKenzie Mollohan of London Bridge Composite Squadron; and Cadet 2nd Lt. Brandon Sarrasin of Yuma Composite Squadron.



Above: One of the Arizona Wing teams met with Representative Tom O'Halleran whose large, but sparsely populated district stretches from Tucson in southern Arizona to the Navajo Reservation in the state's northeastern corner. (L-R) Col. Martha Morris, Cadet Chief Master Sgt. Kelci Knigge, Cadet 2nd Lt. Brandon Sarrasin, Rep. Tom O'Halleran, and Capt. Gordon Helm. *(Photos this page: Capt. Margot Myers, CAP)*

Below: Two of the Arizona Wing teams met in the hallway of the Longworth House Office Building between meetings with legislators. (L-R) Cadet Lt. Col. Jacob Little, Capt. Gordon Helm, Cadet Maj. Mackenzie Mollohan, Cadet 2nd Lt. Brandon Sarrasin, Col. Martha Morris, Lt. Col. Rob Pinckard, and Maj. Mark Schadt.

Appointments were scheduled in advance with the offices of Arizona's nine members of the House of Representatives and two senators. In order to cover multiple offices simultaneously, the team split into two groups, and sometimes three, smaller groups each day. In some offices, the team met with the representatives and senators, while in others, they met with staff members responsible for military affairs. In each office, team members presented a folder containing information about CAP, a fact sheet about Arizona Wing, and detailed information about CAP's fiscal year 2020 budget requirements.

Cadets talked about their CAP involvement, including why they joined the program, how long they had been members, and what they had learned through their CAP experiences. Cadet Sarrasin, who recently was nominated to the U.S. Air Force Academy by Arizona Congressman Paul Gosar told about how CAP had helped him on his path to becoming a military aviator, and thanked the Congressman's staff for his nomination. 🇺🇸





Top: The cadets and senior members who attended Winter Warrior. (Front row, (L-R), kneeling): 2nd Lt. William C. Armijo, Cadet 1st Lt. Connor A. Neal, Capt. James E. McKelvey, Capt. Karen M. Barela, USAF 2nd Lt. Michael R. Eckert, USAF 1st Lt. Haley Barela, and Capt. Bryan S. Neal. (Second row, L-R): Lt. Col. Andrew F. Selph, Cadet Senior Airman Adrian T. Fisher, Cadet Airman 1st Class Sean De Agüero, Cadet Tech. Sgt. Ahmed Hamed, Cadet Chief Master Sgt. Shelby Webb, Cadet Master Sgt. Evan D. Custer, Cadet Airman 1st Class Riley N. Morris, Cadet Airman Aiden C. Jones, Cadet Senior Airman Morgan Raney, and Lt. Col. Michael E. Eckert. (Third row, L-R): Cadet Airman Gavin Gentile, Cadet Airman Josef M. Brown, Cadet Senior Airman Elysia M. Sanchez, Cadet Senior Airman Gabriel E. Gutierrez, Cadet Tech. Sgt. Christin F. Armijo, Cadet Senior Airman Jessamine Wignall, and Cadet Airman Elizabeth Martinez. (Fourth row, L-R): Cadet Capt. Joshua Williamson, Cadet Chief Master Sgt. Casey Neal, and Cadet 2nd Lt. Mark Chappell. (Photos: Capt. Bryan Neal, CAP)

Winter Warrior Challenges New Mexico Wing Cadets

by Cadet Capt. Joshua Williamson, CAP, New Mexico Wing

ALBUQUERQUE, N.M. – During the long weekend of December 28-30, at Kirtland Air Force Base, seven New Mexico Wing squadrons participated in the Winter Warrior activity that included intense physical training and knowledge in various areas of emergency services and aerospace education.

“Winter Warrior is the only event designed to mentally and physically challenge cadets, while being designed by cadets in the New Mexico Wing,” said Cadet 2nd Lt. Mark Chappell, the activity cadet commander.

The activity allowed cadet leaders to choose the location of each event, write lesson plans, and choose their own support staff. Senior member input was kept strictly to financial needs, transportation, billeting and guiding the cadet staff when needed.

The command staff was made up of cadets from four different squadrons: Cadet 2nd Lt. Mark Chappell from Albuquerque Heights “Spirit” Composite Squadron as activity cadet commander; Cadet Master Sgt. Casey Neal from Eagle Cadet Squadron as cadet deputy commander and NCO in charge of training; Cadet Chief Master Sgt. Forest Nelson of Santa Fe Composite



Squadron as cadet first sergeant; and Cadet Capt. Joshua Williamson of West Mesa Composite Squadron as public affairs officer.

Left: Winter Warrior Cadets participate in a ground-to-air signaling exercise.

Below: Cadets hike back to Wing Headquarters after a day of training in the snow.

The senior staff praised these four cadets' efforts to make the activity run as smoothly

and efficiently as possible. calling it "the best cadet staff ever to run Winter Warrior."

"Winter Warrior is an intensive three-day event where cadets can gain confidence, learn their strengths and weaknesses, and surpass their limits," said Cadet Master Sgt. Neal. "I am proud to have been a participant and commander at Winter Warrior, and look forward to Winter Warrior becoming a National-level event," he added.

From Day One, the cadets who attended Winter Warrior faced many challenges, including the weather, when it snowed for one of the few times in the history of Winter Warrior, giving the cadets a chance to train in the snow.

On the first day of training, cadets checked in, had their bags inspected, and were assigned to flights. They attended a briefing by Activity Director Lt. Col. Michael E. Eckert, and then moved on to the lessons: how to pack an All-Purpose Lightweight Individual Camping Equipment (ALICE) pack, how to operate a radio, and how to use a map and compass. They learned how to plot a course in the field, and how to keep a pace count. Cadets learned these lessons first in the classroom, and practiced them in the field, working together in their flights to emphasize teamwork, and were awarded points for successfully completing each exercise.

Day Two began with PT and Warrior Challenge One, where cadets continued their training in basic map reading, followed by an aircraft coordination course, where cadets learned how to properly use ground-to-air signals to successfully establish contact with a CAP aircraft without using a radio. Again, the cadets worked together in their flights to establish team-building.

Next up was Warrior Challenge Two, which simulated finding a target location, moving the flight to that location, and signaling an aircraft to inform the aircrew of the flight's location, thus putting into practice the skills they had learned from Warrior Challenge One. Cadets then received basic first aid training, learning to evaluate an injured person in the field. Cadets also learned litter-carry techniques, where they could safely move a victim to a safe place without causing further injury. After receiving training in fire-building and shelter-building techniques came the final Warrior Challenge, during which they put together all the training they had learned over the previous two days.

All cadets passed the Warrior Challenges with high marks. Each cadet walked away with invaluable knowledge of land navigation, aerial aircraft signaling from the ground, radio procedures, treatment of cold weather injuries, shelter building and, best of all, teamwork.

Participating squadrons included Albuquerque Heights Composite Squadron, Eagle Cadet Squadron, Santa Fe Composite Squadron, Socorro High School Cadet Squadron, Thunderbird Composite Squadron, Tony Hillerman Middle School Cadet Squadron and West Mesa Composite Squadron. The staff of Winter Warrior hopes that word of the activity will spread, and will lead to increased attendance in 2019. 🇺🇸





Top: Cadet members of Falcon Composite Squadron 305 pose with Brig. Gen. Dick Stich and his Ryan Navion airplane, painted with Thunderbird markings. (Photos: Lt. Col. Bob Ditch, CAP)

Arizona Wing Squadron Begins Spring-Time Fund Raising Season

by Lt. Col. Bob Ditch, CAP, Arizona Wing

MESA, Ariz. – On January 19, 2019, while the sun was just reaching over the Superstition Mountains, warming the Phoenix Valley, senior and cadet members of Falcon Composite Squadron 305 were warming up multiple grills outside a hangar at Falcon Field Airport in Mesa. These preparations marked the beginning of the squadron's spring-time fundraising campaign, which ultimately will include hosting a series of five pancake breakfast fly-ins, an air show cook-out, and a plane wash.



Above: (L-R) Senior Member Ismael Rodriguez-Espiricueta, Senior Member Kevin Smith, Lt. Col. Brandon Masangcay, and Senior Member Carson Greene, armed with spatulas, cooked for 150 guests on the cold, windy flightline.

Below: Cadet members of Falcon Composite Squadron 305 staff the food-serving line.

These monthly breakfast events, originally hosted solely by the Experimental Aircraft Association (EAA) Warbirds Squadron 50 at Falcon Field, in 2018 were extended to include Civil Air Patrol. Since January 2018, senior members of Falcon Composite Squadron 305 have cheerfully sweltered over hot grills while cadets served pounds of pancakes, scrambled eggs, sausage patties, coffee and juice. This year, the cadets joined in and received on-the-job grill training, many becoming newly minted flightline chefs.

These efforts also gave the cadets an opportunity to spend time with an EAA Warbird hero, Brig. Gen. Dick Stich, U.S. Air Force retired, a former F-100 and A-7 pilot and one-time flight lead for the Air Force Thunderbirds Air Demonstration Team. An active aviator for over 50 years, the general was also the pilot who flew a retired Air Force Thunderbird F-100 from Nellis Air Force Base in Nevada to Wright-Patterson Air Force Base in Ohio, turning it over to the Air Force Museum. He now owns a single-engine Ryan Navion aircraft painted like an Air Force Thunderbird, which is displayed at the EAA hangar.

Ten senior members and 16 cadets participated in the January pancake breakfast fly-in, bringing in more than \$1,200. After sharing the costs with EAA (which provides all the facilities, tables, chairs, food, cooking and serving equipment, and supplies), the squadron netted a record \$587 for the four-hour effort, serving over 150 guests. The five-month fundraising campaign of 2018 netted over \$6,767, supporting cadet encampment attendance, field training exercises, and other Cadet Program activities. Hopefully, these events, coupled with this year's Falcon Open House / Air Show, and the Wing Birthday Party / Barbeque will exceed previous years' fundraising totals. 🍷





Left: New Mexico Wing Commander Col. Mike Lee presents the Civil Air Patrol Gen. Carl A. Spaatz Award Certificate to Cadet Col. Dakota Cisneros. (Photo: Maj. C. John Graham, CAP)

Cisneros Becomes New Mexico Wing's 27th Spaatz Awardee

by Maj. C. John Graham, CAP, New Mexico Wing

SANTA FE, N.M. – On Jan. 15, 2019, Cadet Col. Dakota Cisneros of the Santa Fe Composite Squadron was recognized with a formal presentation of Civil Air Patrol's prized Spaatz Award in a ceremony at the Santa Fe Baptist Church.

Named after General Carl A. Spaatz, CAP's first Chairman of the National Board and an iconic

figure in U.S. Air Force history, the award is Civil Air Patrol's highest cadet achievement, and also the hardest to earn. Less than one-half of one percent of all CAP cadets ever earn it.

Cisneros is only the 27th New Mexico cadet to earn the Spaatz Award since its inception in 1964. The award carries with it the grade of cadet colonel.

New Mexico Wing commander Col. Mike Lee presented the award. "Congratulations for your hard work, perseverance, and grit in getting this done," said Lee.

The ceremony began with posting of the colors by Santa Fe Cadet Chief Master Sgt. Forest Nelson, Cadet Staff Sgt. Gabriel Apodaca, Cadet Staff Sgt. Gabriel Gutierrez, and Cadet Senior Airman Priya Hashem. Santa Fe Composite Squadron's Deputy Commander for Cadets Lt. Col. John Gravel gave the opening remarks, recalling a long acquaintance with Cadet Col. Cisneros that went back to when Cisneros was a small boy visiting the mall with his parents.

Three former Spaatz cadets – New Mexico Wing Director of Cadet Programs Lt. Col. Andrew Selph, Capt. Destiny Maurer of LBJ Middle School Cadet Squadron and Lt. Col. Beverly Vito of Albuquerque Heights "Spirit" Composite Squadron – welcomed Cisneros into the Spaatz community. Nationwide, Cisneros is the 2,216th cadet to earn the award. Ms. Patricia Dominguez relayed a congratulatory message from Senator Martin Heinrich, whom she represented.

Parents Jan Cisneros and Marty Somerville of Santa Fe pinned on the cadet colonel shoulder boards as Col. Lee read the award citation. Cadet Col. Cisneros also received the Air Force Association's Outstanding Squadron Cadet of the Year Award from New Mexico Wing Vice Commander-North Lt. Col. Annette Peters.

Cisneros, age 20, joined Civil Air Patrol in 2010. Most recently, he has served as cadet deputy commander, leading 16 Santa Fe CAP cadets. He is also a FEMA-qualified radio operator and participated in a May 2018 CAP mission that located a missing aircraft. He plans a career in law enforcement with the Santa Fe Police Department.

Of the award, he said, "The experiences I've had, the friends and family bonds, will be something I'll never forget. The meaning of the cadet program is to raise tomorrow's leaders. Now, I am that leader and look forward to the next generation of leaders to come." 🇺🇸



Top: The Neotoma Composite Squadron's CyberPatriot team meets at a team member's home to practice and compete. (L-R) Cadet Tech. Sgt. William Fricke, Cadet Tech. Sgt. Nathan Poulton (back to camera on left), Cadet Airman Joey Buix (back row), Cadet Airman Benjamin Snow (back to camera on right) and, not pictured, Cadet Sr. Airman Ria Blackwood. (Photo: Cadet Master Sgt. Alexander Diaz, CAP)

Arizona Wing Cadets Test Their Skills in CyberPatriot XI Competition

by Capt. Margot Myers, CAP, Arizona Wing

PHOENIX – Cadets from four Arizona Wing squadrons – one in Tucson and three in the Phoenix area – participated in the 2018/2019 CyberPatriot XI Competition. During the semifinal competition on February 2, 2019, Tucson's Neotoma Composite Squadron ultimately achieved the greatest success, placing first in its division and tier in the semifinal round.

The only CAP squadron competing in the Tucson area, Neotoma achieved gold tier and ranked in second place in Arizona in the All Service Division, allowing the team to move on to the semifinal round. CAP cadets in high school compete in the All Service Division against Junior ROTC cadets from multiple armed service branches and Naval Sea Cadet Corps members.

For the All Service Division, scores from two online qualification rounds are added to determine team placement into one of three tiers for the state rounds: platinum, gold, and silver. These tiers have cybersecurity challenges of different degrees of complexity.

In the Phoenix area, cadets from the Willie Composite Squadron in Chandler, 388th Composite Squadron in Glendale, and Deer Valley Composite Squadron in Phoenix worked together to prepare for the 2018/2019 CyberPatriot competition. Cadets participated in joint training sessions at the University of Phoenix during the late summer and early fall of 2018, and were coached by Maj. Jeff Alloway and 1st Lt. Nic Fuqua. At the Deer Valley Squadron, cadets

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organized one in-person training activity and one virtual training activity weekly, from August 2018 to January 2019.

The Deer Valley team qualified for the platinum tier and achieved second place in Arizona in the All Service Division, qualifying the team to move on to the semifinal competition round. The Willie Composite Squadron also qualified for the platinum tier and achieved third place overall in Arizona in the All Service Division.

At the semifinal round, in the gold tier, Neotoma Composite Squadron took first place nationwide in the All Service Division and received the highest scores in the nation. There were no Arizona platinum tier awardees.

The Neotoma Composite Squadron team was composed of Cadet Master Sgt. Alexander Diaz, Cadet Tech. Sgt. William Fricke, Cadet Tech. Sgt. Nathan Poulton, Cadet Senior Airman Ria Blackwood, Cadet Airman Joey Buix, and Cadet Airman Benjamin Snow. The team coach was Lt. Col. Laura Markiewicz, assisted by Capt. Silvia Scotti. The team also was supported by Cadet 2nd Lt. Cannon Smith, the former team captain, who is currently a student at Embry-Riddle Aeronautical University; he mentored the team remotely.

This was Neotoma Composite Squadron's fifth year in the CyberPatriot competition. Only Cadets Diaz and Blackwood had competed previously. This year, the squadron built its own computer system using funds applied for and granted by Arizona Wing.

"It was a close race," said Lt. Col. Markiewicz. "On the first full day of semifinal competition, the squadron placed third in the nation in the gold tier All Service Division. On the second day, the team was ranked fifth in the nation, but when the quiz scores were added at the conclusion of the competition, Neotoma became first in the nation in the All Service Division."

Sponsored by the Air Force Association (AFA), CyberPatriot is a national youth cyber education program. According to the AFA website, "At the center of CyberPatriot is the National Youth Cyber Defense Competition. The competition puts teams of high school and middle school students in the position of newly hired IT professionals tasked with managing the network of a small company. In the rounds of competition, teams are given a set of virtual images that represent operating systems and are tasked with finding cybersecurity vulnerabilities within the images and hardening the system while maintaining critical services in a six-hour period." 🇺🇸

Below: The Deer Valley Composite Squadron's All Service Division team at the University of Phoenix campus after the semifinal round in February 2019. (L-R) Coach 1st Lt. Nic Fuqua, Cadet Tech Sgt. Johnathon Wilmoth (388th Composite Squadron), Cadet 2nd Lt. Josh Klopfenstein, Cadet Senior Airman Raechel Ferguson, Cadet 1st Lt. Nadine Saliba, and Cadet Senior Master Sgt. Marshall Pennington. (Photo: Senior Member Todd Klopfenstein, CAP)



Right: Capt. Jack Bryant (left), a former CAP cadet, Air Force pilot, and now United Airlines captain, and Maj. David Roden, a CAP pilot, offer assistance to a young aerospace fledgling at the Mesa Public School's Science & Technology Festival. (Photos: Lt. Col. Bob Ditch, CAP)

Below: Young Amelia looks at the display screen while Capt. Bryant helps her learn how to handle the flight controls of the CAP simulator at the City of Mesa's "Celebrate Mesa" community event.

Arizona Wing's Flight Simulation Team Makes East Valley Rounds

by Lt. Col. Bob Ditch, CAP, Arizona Wing

MESA, Ariz. – Members of the Falcon Composite Squadron 305 Aerospace Education/Flight Simulation Team have already been busy in 2019, traveling around the Phoenix East Valley to demonstrate the squadron's mobile flight simulator.



Painted like a CAP Cessna 172, the flight simulator is fully mobile. transported by trailer to the training sites around the area. It offers full cockpit features of yoke, rudder, and pedals, as well as throttle/mixture, flaps and trim control, propeller pitch, and other flight controls. The computer display also provides a full array of instruments necessary for the participants to experience the full simulation of flight.

During 2019, the simulator has been to two community events: the City of Mesa's "Celebrate Mesa" and the Mesa Public School District. Dozens of children have had a flight simulation experience, which offers a significant marketing opportunity for Civil Air Patrol and Arizona Wing.

In early March 2019, the family of the late Col. Robert A. Ditch, USAF, Retired, and former CAP Patron Member, made a donation to upgrade the computer supporting the flight simulator. In addition, between demonstrations, the entire simulator will get a well-deserved new paint job and maintenance face-lift. 🇺🇸



Top: Cadet Airman 1st Class Weatherford shows his shirttail detailing his first solo flight. (Photos: Lt. Col. Marchelle Jones, CAP)

Arkansas Wing Cadet Earns Solo Wings

by 1st Lt. Jonathan McIntyre, Arkansas Wing

RUSSELLVILLE, Ark. – Almost every child wishes to soar either for the thrill of flight or to rocket through the sky. Civil Air Patrol (CAP) has been providing the way for America's youth to achieve this dream of flight. A Central Arkansas CAP cadet turned this dream into reality.

Cadet Airman 1st Class Paul Weatherford, a member of the 102nd Composite Squadron in Russellville and a senior at Russellville High School, joined Civil Air Patrol last December 2017, with the goal of learning how to fly. He first heard about CAP at the Russellville Regional Airport, during his first flight lesson with Herb Davis, a civilian flight instructor. Cadet Weatherford said that from the first time he took over the controls, he knew he wanted to fly for the rest of his life.

Weatherford has trained nearly exclusively on CAP aircraft, and has paid for his time with the money he saved. 102nd Composite Squadron Commander Maj. Tommy Littleton reported that Weatherford started flying in a Cessna 172, and has also trained on the Arkansas Wing's 172 S. On March 10, 2019, Cadet Weatherford accomplished a major milestone in pursuit of his private pilot certificate by completing his first solo flight, when he took off from Russellville Regional Airport (KRUE) on a Civil Air Patrol Cessna 172 S.

Southwest Region, April, 2019



Left: 1st Lt. Taylor cuts Cadet Airman 1st Class Weatherford's shirttail in keeping with aviation tradition.

Below: Certified Flight Instructor 2nd Lt Randall Taylor with Cadet Airman 1st Class Weatherford by the Cessna 172 S prior to the latter's solo flight.

When asked about his solo flight, he said, "It was amazing, being in the plane alone. It is cool to know that, at 17, I flew a plane by myself." After landing back at the airport, the cadet's instructor, CAP 2nd Lt. Randall Taylor, embraced aviation tradition by cutting off the tail of Weatherford's shirt, annotating the flight on it, and signing it.

Editor's Note: In aviation's early days of open cockpits and rudimentary radio, the instructor sat behind the student pilot. Under these circumstances, the noise level was so high that to direct the student the instructor pulled on the back of the student's shirt. After the student soloed, the shirttail was cut off as a symbol of the student's independence.

This coming May, Cadet Weatherford will graduate from Russellville High School, after which he plans to work in Agricultural (AG) Aviation. "I am just amazed by crop dusters, which I see when going through Morrilton, Arkansas." He said that he wants to go into AG aviation because it is a career field that not many people think about, but it is needed.

This summer, Weatherford plans to work for an AG aviation company on Des Arc, Arkansas, though initially he will not be flying. After completing his first season, he intends to attend the Riggins Flight School, located in Madison, South Dakota, where he wants to earn his instrument rating, tail wheel endorsement, and agricultural certificate.

Maj. Littleton mentioned that Cadet Master Sgt. Wil Ivy, also a member of the Russellville squadron, is very close to achieving his solo wings. Ivy, too, is a senior at Russellville High School and wants to work in commercial aviation. The two cadets have trained together with 2nd Lt. Taylor.

"These two cadets are outstanding young men, and I am proud to have them in my squadron," said Maj. Littleton. 🍷



Right: (L-R) Cadet Chief Master Sgt. Markus Kohl, Cadet Staff Sgt. Sean Geraghty, Cadet Airman Brooklyn Schwiesow, and Cadet Senior Airman Dylan Conrad represented Sky Harbor Composite Squadron and Arizona Wing in the Southwest Region Color Guard Competition at Fort Chaffee, Arkansas. (Photos: 1st Lt. RoseAnne Marquez, CAP)

Below: PT competition. Cadet Tech. Sgt. Kennedy Duong (foreground) participated in the physical training portion of the Southwest Region Color Guard competition.

Arizona Wing's Squadron Color Guard Makes Its First Trip to Regional Competition

by Staff Sgt. John Horne, CAP, Arizona Wing

PHOENIX – During February 15-20, 2019, the cadet color guard competition team from Sky Harbor Composite Squadron 301 in Phoenix represented Arizona Wing at the Southwest Region cadet competition. Held at Fort Chaffee, Arkansas, the competition involved teams from Arizona, Arkansas, Louisiana, and Texas Wings competing in a wide range of challenging events, including color guard presentation, flag folding, knowledge questions, and physical training trials.

This was the first time that the Sky Harbor Composite Squadron color guard team participated in the regional competition.

The team included Cadet Chief Master Sgt. Aidan Buckner, Cadet Senior Airman Dylan Conrad, Cadet Tech. Sgt. Kennedy Duong, Cadet Staff Sgt. Sean Geraghty, Cadet Airman 1st Class Vincent Grubar, Cadet Chief Master Sgt. Markus Kohl, and Cadet Airman Brooklyn Schwiesow.

Grubar took first place in the mile run, and the team was awarded a sportsmanship medal. The team's total points earned them a tie for second place. (With tie-breakers, the team moved to third overall.)

"The competition brought the team together to achieve success," said Duong. "There was always something new to be learned despite how long you have been doing it. It was a new experience that helped me grow as a cadet and do my personal best."

Geraghty had a similar learning experience at the competition. "I enjoyed meeting cadets from other squadrons in other states and seeing how different and also similar each squadron was," said Geraghty. "It made me a better leader and I found my command voice along with more self-confidence. The competition helped everyone build character."

Buckner acted as the cadet color guard coach for the team. "I felt pride at seeing the color guard team get better over time, from early practices to the actual competition," Buckner said. "The team really bonded together."

Maj. Jeremy Cochran and 1st Lt. RoseAnne Marquez were the senior members from Sky Harbor Composite Squadron who prepared the team and safely transported them to and from the competition. 🇺🇸





Top: Newly promoted 1st Lt. Michael R. Saul receives his epaulets from Squadron Administrative Officer Lt. Col. Beverly A. Vito and his brother James. (Photo: Lt. Col. Jay T. Tourtel, CAP)

A New Mexico Wing Public Affairs Officer is Promoted

by Lt. Col. Jay T. Tourtel, CAP, New Mexico Wing

ALBUQUERQUE, N.M. – On January 24, 2019, Michael Saul of Albuquerque Heights “Spirit” Composite Squadron experienced a double achievement: earning his Technician Rating in Civil Air Patrol’s Public Affairs Specialty Track, and promotion to the grade of first lieutenant.

The Civil Air Patrol (CAP) Public Affairs Specialty Track consists of three ratings: Technician, Senior and Master. The Technician Rating signifies that the individual has demonstrated through knowledge and performance, and an understanding of the fundamentals of CAP’s Public Affairs Program.

To qualify for the Technician Rating, members must spend a minimum of six months as a public affairs officer, be familiar with CAP regulations, know how to write news releases and take good photographs, and demonstrate a working knowledge of public affairs and how it relates to both internal public affairs (keeping unit members informed) and external programs (informing the general public about Civil Air Patrol).

Saul’s Technician Rating was the final requirement for his promotion to first lieutenant, which requires completion of Level II of CAP’s professional development program, that includes achieving a Technician Rating in a CAP senior member specialty track and 18 months’ time in grade as a second lieutenant.

Saul has been a member of CAP and the squadron since June 2010, when he joined as a cadet. He transitioned into the senior program in April 2015, and has been assigned as the squadron’s public affairs officer since July 2016. 🍷



Top: USAF Lt. Col. Gregg Rockwood delivers a lecture on search theory during the Inland Search and Rescue Planning Course held at Falcon Composite Squadron 305 in Mesa, Arizona. (Photos: Lt. Col. Bob Ditch, CAP)

Arizona Wing Hosts a National Inland Search and Rescue Planning Course

by Lt. Col. Bob Ditch, CAP, Arizona Wing

MESA, Ariz. – On February 25, 2019, 25 students from across the U.S. and its territories arrived at Falcon Field Airport in Mesa to attend the National Search and Rescue (SAR) School's preeminent week-long Inland SAR Planning Course. Touted by Mike Voracheck, president of the National Association for Search and Rescue – who opened the course and welcomed the

attendees – as “the Graduate School for SAR,” the course is offered nationwide and overseas to both civilian and military SAR personnel.

The course in Mesa hosted students from as far away as Alaska, Hawaii, Guam, and Puerto Rico, as well as seven mainland states. Attendees included members from the U.S. Coast Guard, U.S. Air Force, U.S. Marine Corps, U.S. Park Service, San Bernardino County (California) Sheriff’s Office, three CAP-USAF regions, and five Civil Air Patrol wings.

Based out of the U.S. Coast Guard’s Yorktown Training Center in Yorktown, Virginia, the two-person faculty team travels to 12 locations each year to conduct the five-day course. The curriculum provides a comprehensive look at search theory and its application to land and air searches for missing persons and aircraft, focusing on wilderness searches. The course consists of classroom lessons and practical tabletop exercises. Emphasis is placed on the planning necessary for effective area-type searching during an extended search using *Probability of Success* to allocate limited resources to their best effect. Essentially, it plans what to do after the rapid initial search and specialty resources have failed to find the search object.

Additional topics include pre-plan development, legal aspects, Cospas-Sarsat System, and federal SAR roles and responsibilities. The course does not teach search tactics or technical procedures, as those are well covered in other readily available sources. According to Lt. Col. Todd Canale, Southwest Region CAP-USAF, who attended the course, “The Inland SAR Planning Course is a quality curriculum, proven through decades of scientific theory application in field operations, and a must for anyone serious about SAR operational planning.”

Individuals interested in attending future courses, as well as reviewing the current and upcoming years’ course delivery schedule, can visit the National SAR School’s web page o the Inland SAR Course at <https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Yorktown/Training/Maritime-Search-Rescue/Inland-SAR/Inland-Course/>. 

Below: CAP Maj. Roger Yaeger, Arizona Wing (seated, second from right), discusses search strategies with CAP Maj. Don Lang, Oregon Wing, standing to his right, while faculty member USAF Lt. Col. Gregg Rockwood and other attendees listen in.





Top: (L-R) CAP Maj. Richard Fox relinquishes command of Enid Composite Squadron to CAP 1st Lt. Jeffrey Grant. Cadet Senior Master Sgt. Justus Walker is the guidon bearer. (Photo: 2nd Lt. Brooke Erikson, CAP)

Oklahoma Wing Squadron Gets New Commander

by 2nd Lt. Brooke Erikson, CAP, Oklahoma Wing

VANCE AIR FORCE BASE, Okla. – On March 4, 2019, the Enid Composite Squadron of the Civil Air Patrol (CAP) conducted a squadron change of commander ceremony. Exiting Commander Maj. Richard Fox, Jr., who had commanded the squadron since 2005, relinquished command to the new commander, 1st Lt. Jeffrey A. Grant. Fox will continue to be an active member of the squadron, assisting with other duties.

First Lt. Grant is an active duty member of the United States Air Force at Vance Air Force Base in Enid. He has currently served in the Air Force for 12 years, and holds the rank of Technical Sergeant. As the Flight Chief of the Aerospace and Operational Physiology Flight, Grant leads others in training the Air Force's next generation of pilots.

In April 2018, Grant joined CAP as a senior member. He has since held several duty positions within the squadron, focusing mainly on leadership. He has used his military experience to help lead the squadron cadets and motivate them to achieve the full measure of their potential. Emergency Services has also been a priority for him, having served as a ground team member during Search and Rescue exercises. 🇺🇸



Top: Cadets and senior members who attended New Mexico Wing's 2019 Ground Team Academy. (Photo: Lt. Col. Michael E. Eckert, CAP)

New Mexico Wing Cadets Spend Spring Break at Ground Team Academy

by Capt. Bryan Neal, CAP, New Mexico Wing

ALBUQUERQUE, N.M. – From March 8-10, 2019, cadets and senior members of New Mexico Wing trained at the annual Ground Team Academy held at New Mexico Wing Headquarters, learning the basic elements of becoming a Ground Team 3 member. Twelve cadets and five senior members from five different squadrons attended the training. New Mexico Wing Emergency Services Training Officer Lt. Col. Mike Eckert said that it was one of the largest ES classes he has led in the past three years.

Participating squadrons included Albuquerque Heights "Spirit" Composite Squadron, Eagle Cadet Squadron, Falcon Composite Squadron, Route 66 Composite Squadron and Route 66 Composite Squadron. Ground Team 3 training consisted of academic and practical training on the basics of land navigation, search techniques, direction finding, natural hazards and numerous other tasks. Classroom training was followed by a hands-on demonstration outdoors.

The final day of training culminated in a field training exercise, held in the forest area near Cedro Peak. The day started early, with a safety and mission briefing from Lt. Col. Eckert, who was acting as Ground Branch Director. Cadet Chief Master Sgt. Casey Neal from Eagle Cadet Squadron, and Cadet 2nd Lt. Mark Chappell from Spirit Squadron were the ground team leaders (GTL) in training, as well as instructors. Safety was a priority from start to finish. Each student carried some 20 pounds of personal gear, water and additional search and rescue (SAR) gear.

The training mission scenario consisted in an overdue aircraft at its destination, which was later discovered to have crash-landed in the wilderness. Students were challenged to use their new direction-finding skills, navigation and search techniques to locate the downed aircraft and the missing pilot. Students also worked with a CAP aircrew assisting in the search, practicing their skills with signal mirrors, radio communications and ground-to-air signals while working with the aircraft. Both teams located the aircraft, demonstrating their new search and rescue training.

The training mission that concluded at 5:00 p.m. had given the trainees a full eight hours of hands-on training, and approximately three miles of hiking through rough terrain carrying full gear. Not only did both teams locate the crash site and the pilot – for which they received credit for the majority of their training – but Cadets Neal and Chappell became New Mexico Wing's newest fully-qualified ground team leaders. 🍷



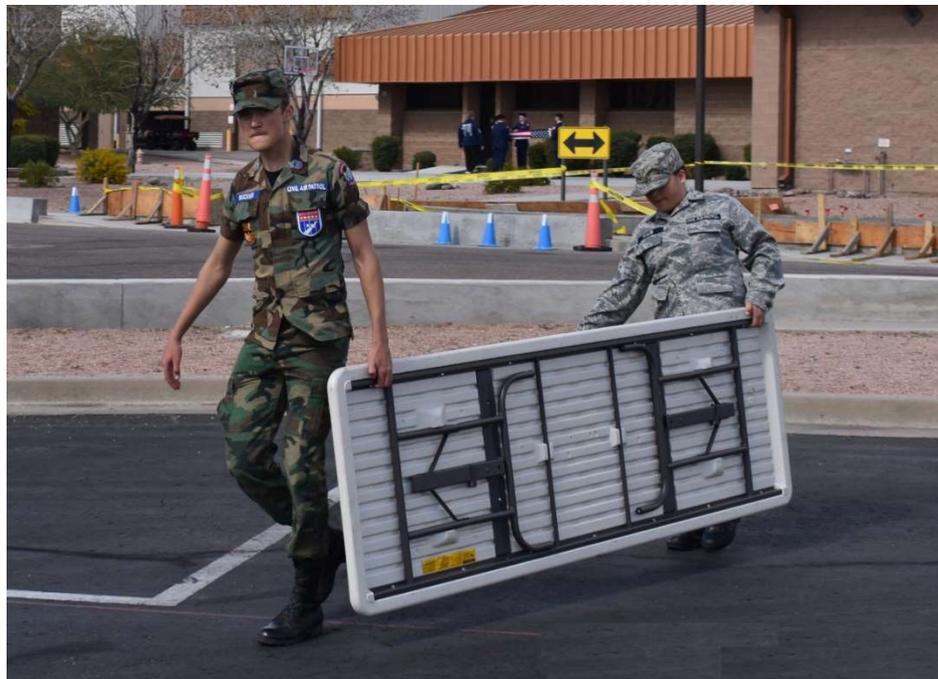
Top: Sky Harbor Composite Squadron Character Development Instructor Maj. Edwin Segura gave the benediction during closing ceremonies for the JROTC Color Guard Competition in Phoenix. (Photos: Staff Sgt. John Horne, CAP)

Below: (L-R): Cadet Chief Master Sgt. Aidan Buckner and Cadet Airman Yasmine Taylor assisted with setting up tables for the JROTC Color Guard Competition at the Goldwater Air National Guard Base in Phoenix.

Arizona Wing Squadron Assists Air National Guard with Annual JROTC Competition

by Staff Sgt. John Horne, CAP, Arizona Wing

PHOENIX – On February 16, 2019, the annual Junior Reserve Officers Training Corps (JROTC) Color Guard Competition was held at the Goldwater Air National Guard Base located at Sky Harbor International Airport in Phoenix. The event was hosted by the 161st Air Refueling Wing, and teams from 17 area schools participated. Competition trials included color guard presentations, drill maneuvers, and knowledge of military customs and courtesies.



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Teams represented included Army, Navy, Marines, and Air Force JROTC units.

The Air National Guard hosts asked cadets and senior members from Sky Harbor Composite Squadron to assist with the setup, clean up and tearing down of the event venue, including placement of seating, trash patrolling, and disassembly at the conclusion of the competition.

The CAP Cadet Event Support Team consisted of Cadet Chief Master Sgt. Aidan Buckner, Cadet Chief Master Sgt. Sabrina Humphrey, Cadet Master Sgt. Lucas Heinze, Cadet Master Sgt. Eric Micheau, Cadet Airman Zachary Esh, Cadet Airman Zachary Schneider, Cadet Airman Benjamin Sklodowski, and Cadet Airman Yasmine Taylor. The participating senior members were Maj. David Moseley, Maj. Edwin Segura, and Staff Sgt. John Horne.

Throughout the all-day event, cadets worked in two-person teams to ensure the area was kept clear of debris, and trash barrels were emptied regularly. Cadets also provided any other assistance requested by event hosts.

At the competition's conclusion, Col. Patrick W. Donaldson, the 161st ARW commander, requested that CAP Maj. Edwin Segura give the closing benediction to the remaining participants.

Over the course of the more than 10 years that Sky Harbor Composite Squadron 301 has been located at the Goldwater Air National Guard Base, squadron cadets and senior members have assisted with numerous activities and events hosted by the 161st ARW, such as Family Days, Halloween Haunted Houses, and Dining In events. 🇺🇸

Below: (L-R) Cadet Airman Benjamin Sklodowski and Cadet Airman Zachary Esh teamed up to empty trash barrels and keep the area free of debris during the JROTC Color Guard Competition.





Top: (L-R) 1st Lt. Dell Bell, Senior Member Jim Naughton, Lt. Col. Stephen England and Capt. Timothy Davis work out a tabletop exercise. (Photo: Lt. Col. Michael Turoff, CAP)

Texas Wing Conducts a Mission Observer Ground School

by Lt. Col. Michael Turoff, CAP, Texas Wing

SPRING, Texas – On March 23, 2019, at the Tomball Jet Center in Spring, Texas, located at the David Wayne Hooks Airport, Lt. Col. Michael Turoff conducted a Group IV Mission Observer Ground School covering all National Emergency Services Academy materials.

Members of two squadrons attended the course. Normally, these courses are run for a minimum of five students, however since this involved a considerable drive for the instructor to the classroom location, the course was still conducted even though only four of the six scheduled students showed up.

Present at the course were Lt. Col. Stephen England, Capt. Timothy Davis, and 1st Lt. Dell Bell (all of them members of the Delta Composite Squadron in Spring), and S.M. Jim Naughton, a member of the West Houston S.A.B.R.E Senior Squadron. Bell attended the course for the purpose of observing the instructor's presentation, in preparation for the time when he would offer the course locally to members of Group IV's northwest sector.

Each participating student received all material necessary for the first part of the Specialty Qualification Training Record (SQTR) of the Mission Observer rating. The course included several tabletop exercises, designed to prepare the students for the practical exercises that would be required of them for completion of their SQTRs.

After completing the course, the students will be required to work with SET-qualified personnel to complete their SQTRs and perform the required two flights, leading to certification of the Mission Observer rating. 🇺🇸



Top: Pilot Capt. Russ Miller flies the IO/ER-equipped CAP Cessna 182 on a night training mission as Maj. Roger Yeager (left) and Maj. Chris Dusard operate the Awareness and Assessment Response Tool equipment from the back seat. *(Photo captured from a video camera mounted at the airplane's back window.)*

Arizona Wing Squadron Hosts DAART Class

by Capt. Gordon Helm, CAP, Arizona Wing

PHOENIX – During March 23-24, 2019, seven members of the Civil Air Patrol's Arizona Wing completed Domestic-operations Awareness and Assessment Response Tool (DAART) training at the Deer Valley Composite Squadron 302 facility located at the Deer Valley Airport. Maj. Chris Dusard from Deer Valley Composite Squadron and Maj. Roger Yaeger from the 388th Composite Squadron in Glendale, Arizona, presented the two-day course.

The class taught both users and operators how to successfully provide near-real-time imagery to the client using cellphone technology and the Internet. Part of the training also involved operating the equipment from both the operator and user positions. Operators are usually deployed to the field, in both airborne and ground sorties. Users provide the end client (such as the sheriff's office or state emergency management department) with imagery they need in order to make decisions, working in close partnership with the operators in the field.

DAART was developed by the U.S. Army Space and Missile Defense Command and is designed to provide simultaneous sharing of full-motion video, imagery, geospatial intelligence, and situational awareness information for the incident awareness and assessment community. The system falls under the Department of Defense, and is usable by all levels of federal, state, local, territorial, and tribal partners.

The DAART system is the successor to the GIIEP (Geospatial Information Interoperability Exploitation-Portable) system operated by the National Guard Bureau. GIIEP was quickly developed after 9/11 to provide a multi-agency, full-motion video and text messaging capability for incident commanders from remote vehicles and aircraft over a 3G cellphone connection. DAART is a complete rewrite of the application, using up-to-date video processing software and a more intuitive Web-based interface. Smartphone applications were introduced to enable upload of video and photo content from the field directly to the DAART servers for redistribution. The DAART program scope also was increased to provide an incident-level data platform for incident status and imagery content management and distribution.

In the Civil Air Patrol, airborne and ground DAART operators use Verizon 4G LTE cellphone technology to relay video and/or photographs in near real time to their clients, who are working with DAART users to gather the relevant information.

CAP National Headquarters has deployed two DAART systems to Arizona Wing. DAART, with its laptop, video camera, and 4G modem, can be used by any Arizona Wing air or ground asset, and can be deployed with the CAP national asset Cessna 182 assigned to Arizona Wing, which is equipped with an IO/ER ball.

For the past two years, the aircraft and DAART operators have participated in Precautionary SAR (Search and Rescue) training missions based out of Lake Havasu, Arizona, to add another set of eyes to the ground- and water-based patrols along the Colorado River during summer holiday weekends. During that time, the river is crowded with boaters and the shores are lined with people engaged in parties. Under these conditions, combined with alcohol consumption and extreme heat, emergency services assets are likely to be called into play. In 2018, CAP ground and air crews were involved in the search for victims of a boating accident.

There are several requirements to becoming a DAART operator or user. First, previously qualified GIIEP operators must requalify for DAART. To begin training for either operator or user positions, there are three prerequisite courses involving intelligence oversight training, security, and Unclassified Controlled Cryptographic Item Access Awareness. Airborne operators need to be mission observer-qualified, because the DAART equipment is operated from the front right seat of the aircraft. DAART users also must have additional training as either a Mission Radio Operator, Mission Staff Assistant, Ground Team member, or Urban Direction Finding Team member.

In the field training phase of the recent class, the DAART operators “flew” their missions in a van on Phoenix roads, while the DAART users provided the instructor “clients” with video imagery at the “mission base.” To complete their training, the users and operators switched roles. 🇺🇸

Right: On the second day of training, Maj. Larry Mahana practices his DAART skills from the passenger seat of a CAP van, relaying video images to the instructors at Deer Valley Composite Squadron. (Photo: Capt. Klara Olcott, CAP)



New Mexico Wing Cadet Earns the Gen. Billy Mitchell Award

by 1st Lt. Michael R. Saul, CAP, New Mexico Wing

ALBUQUERQUE, N.M. – On January 3, 2019, Cadet 2nd Lt. Mark Chappell of Albuquerque Heights “Spirit: Composite Squadron was presented the Civil Air Patrol’s Gen. Billy Mitchell Award Certificate at the squadron’s first weekly meeting of the new year. CAP National Commander Maj. Gen. Mark E. Smith, a founding member of the squadron, made the presentation.

Chappell, who was officially promoted on October 29, 2018, had just completed New Mexico Wing’s Winter Warrior activity, which ran during December 28-30, 2018, and for which he served as cadet activity commander.

The Mitchell Award represents completion of Phase II of Civil Air Patrol’s four-phase Cadet Program. Chappell now becomes eligible for CAP scholarships and grants, as well as advanced placement in the grade of E-3 (Airman 1st Class) upon graduation from Air Force Basic Training, should he decide to enlist. ROTC programs and the United States service academies also look favorably upon Mitchell recipients. Approximately 10% of all cadets who attend the Air Force Academy have had prior CAP experience.

To qualify for the award, Chappell needed to attend at least one Civil Air Patrol summer encampment, take comprehensive exams in both leadership and aerospace education, and pass a rigorous physical fitness test. Chappell is also eligible for the senior member grade of second lieutenant, should he decide to transfer into CAP’s adult senior program at age 21.

Chappell has been a member of CAP and the squadron since September 2013. He is currently the ranking cadet officer in the squadron. 🇺🇸



Right: Cadet 2nd Lt. Mark Chappell (right) receives the Billy Mitchell Award from CAP National Commander Maj. Gen. Mark E. Smith, as Squadron Commander Capt. Mary A. Fox looks on. (Photo: 1st Lt. Michael R. Saul, CAP)



Top: Cadets from Deer Valley Composite Squadron served as the color guard for the ceremony marking the end of the visit of *The Wall That Heals* to Peoria, Arizona. (L-R) Cadet 2nd Lt. Carter Schmitt, Cadet Chief Master Sgt. Henry Meyers, Cadet 2nd Lt. Ian O'Donnell, Cadet Chief Master Sgt. William Nowlan, Cadet Master Sgt. Brenden Miller, Cadet Senior Master Sgt. Charity Wampler, Cadet Chief Master Sgt. Gabriel Ramirez, and Cadet Senior Airman Sean Fang. (Photo: 2nd Lt. Amber O'Donnell, CAP)

Arizona Wing Squadron Supports 'The Wall That Heals' Visit to Peoria, Arizona

by Capt. Margot Myers, CAP, Arizona Wing

PEORIA, Ariz. – On March 17, 2019, the Deer Valley Composite Squadron in Phoenix supported the closing ceremony for the exhibition of *The Wall That Heals*. Eight cadets served as the Color Guard at the ceremony, carrying the American flag and the flags of the five branches of the armed service. Capt. Brian Tucek, a senior member of the squadron, played taps during the ceremony.

"Our cadets not only visited *The Wall* but were honored to be part of the closing ceremony," said 2nd Lt. Amber O'Donnell.

The exhibit, a three-quarter-size replica of the Vietnam Veterans Memorial in Washington, travels across the country, accompanied by the mobile Education Center. Once the 375-foot-long wall is erected at each site, the 53-foot trailer used to transport the exhibit is used as the Education Center.

The visit of *The Wall That Heals* in Peoria took place over a four-day period, beginning on March 12, 2019, when a motorcycle escort accompanied the tractor-trailer carrying *The Wall* to its location at Lake Pleasant Regional Park, northwest of Phoenix.

According to the Vietnam Veterans Memorial Fund, "Bringing *The Wall* home to communities throughout our country allows the souls enshrined on the Memorial to exist once more among family and friends in the peace and comfort of familiar surroundings. The traveling exhibit provides thousands of veterans who have been unable to cope with the prospect of facing *The Wall* to find the strength and courage to do so within their own communities, thus allowing the healing process to begin." 🇺🇸



Top: The Pontchartrain Cadet Squadron won the Outstanding Cadet Squadron of the Year Award and the Col Dion De Camp Gound Team of the Year Award. (Back row, L-R): Lt. Col. Kathy Beauford, Capt. Mike Giroir, Maj. Robin Soroe. (Front row, L-R): Cadet Airman 1st Class Aminat Badaru, Cadet Senior Airman Shelby Briones, Col. Pat Yglesias, Lt. Col. William Hunton, Cadet Staff Sgt. Christopher Thibodaux, Cadet Airman 1st Class Brock Nowak, and 2nd Lt. Virginia Thibodaux.

Louisiana Wing Squadron Wins 15 Awards at Louisiana Wing Conference

by Lt. Col. Kathy Beauford, CAP, Louisiana Wing

ALEXANDRIA, La – On March 9, 2019, the Pontchartrain Cadet Squadron won 15 awards at Louisiana Wing's annual Wing Conference held in Alexandria, Louisiana.

The Pontchartrain Cadet Squadron won the Col. Dion De Camp Ground Team of the Year Award and the Outstanding Cadet Squadron Award. The Giroir Family won The Family of the Year Award. Maj. Robin Soroe won a special citation for her work coordinating Cadet Orientation Flights.

Civil Air Patrol Commander's Commendation Awards were presented to Squadron Commander Lt. Col. William Hunton, Deputy Commander Maj. Denis Eschmann, and Deputy Commander for Cadets Maj. Robin Soroe.

Civil Air Patrol Achievement Awards were presented to Capt. Mike Giroir, 2nd Lt. Virginia Thibodaux, 2nd Lt. Lori Looney, and 2nd Lt. Valerie Titus.

Lt. Col. Kathy Beauford was presented the Civil Air Patrol Meritorious Service Award in recognition of her contributions to Louisiana Wing. She was also presented with a certificate for having attained Level IV of the CAP Senior Member Professional Development program. 🇺🇸



Left: Cadet Airman 1st Class Jessamine Wignall (foreground), supported by Cadet Senior Airman Elysia M. Sanchez, prepares to free-fall and learn how to break her fall without using her hands. (Photo: Capt. Bryan Neal, CAP)

Guest Editorial

Winter Warrior: An Extraordinary Experience

by Cadet Airman 1st Class Jessamine Wignall, CAP, New Mexico Wing

ALBUQUERQUE, N.M. – Last year, I heard about Winter Warrior and really wanted to go, but the activity was canceled because not enough cadets signed up for it. This year, enough cadets signed up, so it ran. It was an extraordinary experience.

On December 28, 2018, after I signed in with the activity director, Lt. Col. Mike Eckert, I was given a team color (red, for Team Alpha) and was escorted to the area where the female cadets would sleep for the following two nights. After setting up my cot and the rest of my belongings, I went back to the gym and was assigned to Team Bravo, whose color was yellow, not red. (Apparently, I had been assigned to the

wrong team.)

When all cadets had finished unpacking, we were called and formed a semicircle around another cadet, who issued each of us an All-Purpose Lightweight Individual Camping Equipment (ALICE) Pack, and showed us how to properly pack it. That evening, we went to the Thunderbird Inn (the dining facility at Kirtland Air Force Base) for dinner, and went through a buffet. Fish was the main dish on Friday night, but there was a different main meal every night.

The cadet staff woke us up on Saturday morning, making a lot of noise. We had to be in the gym in ten minutes for physical training (PT). For breakfast, we had muffins, fruit and juice. Hot chocolate was also available, and it was good.

After that, we learned how to build a fire and make tents with the ponchos we were issued. The cadet staff also taught us the bear crawl and the low crawl, because our original activity involved moving a heavy tire, which had frozen to the ground. In the afternoon, we went back to the Thunderbird Inn for a dinner of chicken and French fries. Back at the gym, we played Capture the Flag for PT. Then I got switched back to Alpha Team, and after changing teams, Lt. Col. Eckert made popcorn. One cadet even joked about him being a “popcorn colonel,” and we watched a movie.

On the last day, we went on a two-mile hike up the mountain, encountering several challenges, things that we learned how to deal with over the weekend. About an hour later, we were split up into two groups. One group (most of the cadets) went back down the mountain, and my group headed farther up the mountain, until we reached Pino Trailhead. We had Meals, Ready-To-Eat (MREs) for lunch, and communicated by radio with the cadets at the foot of the mountain. After lunch, we headed back to the National Guard Armory, where we were staying, packed our gear and cleaned up the area. Winter Warrior was one of the most exciting things I experienced. I will be sure to sign up for it again. 🍿

On Writing

Some Pointers on Writing a Good Article

AUSTIN, Texas – Writing good news articles is not difficult. Just tell the story clearly and simply, not use it as a vehicle for a personal message, and remain neutral (never take sides) at all times. Whoever can do this has grasped the fundamentals of Associated Press Style.

As a rule, young and/or inexperienced writers tend to use their everyday spoken habits and mannerisms when they write. Unfortunately, this often proves inadequate, since to complete the meaning in speech most people rely on their tone of voice, body language, and the other person's knowledge of the subject; however, when writing, most of these extras will be missing to the reader. Therefore, it helps to break down good writing into some essential elements.

Sir Winston Churchill was a prolific and successful writer. So much so that others often sought his advice. In casual conversation, someone complimented him on how well he wrote, and then asked what method he used in selecting the words that he used. Being quick-witted, he replied without hesitation, "Short words are best, and, when old, these are best of all." Twelve words (actually ten, with two of them repeated), each a monosyllable: brevity at its best. But where do these words come from?

Short = From the Proto Indo-European (PIE) root *sker-*, through Old Norse (ON) *skorta* and probably Proto-Germanic (PG) *skurta*.

Word = From the PIE root *were-*, through ON *ord*, through PG *wurdan*, through Old High German (OHG) *wort*, and Old Saxon *word*.

Are = This verb is also ancient, from the PIE root *bheue-*, through PG "*biju*," through Latin (Lat.) "*esse*" and Old English (OE) "*beon*."

Best = From the PG root *bat-*, through OHG *bezzist*, and ON *beste*.

And = From PIE *en*, through Lat. *ante*, through OHG *enti*, through PG *unda*, through ON *and*.

When = From the PIE base *kwo-*, through Old Frisian *hwenne*, through PG *hwan-* and ON *hwaenne*.

Old = From the PIE root *al-*, through PG *althaz*, through West Saxon *eald* and ON *ald*.

These = From ON *thaes*.

Of = From PIE *apo*, through PG *af*, through ON *of*.

All = From PG *alnaz*, through OHG *all*, through ON *eall*.

That Churchill could come up with such a tightly worded statement, quickly and in casual conversation, is in itself a display of language mastery that has few equals. The rest of us stand in his shadow.

However, difficult as it may seem, it is possible to achieve high language skills, master the English language, and develop writing proficiency in AP Style. Here is how.

As a rule, avoid wordiness. Always pick "because," over "due to the fact that." True, the first choice has 2 syllables, and the second choice is composed of monosyllables (however, count them: five of them). Therefore, the final count is really 2 to 5, so "because" wins.

Use adjectives with caution. If they add nothing (or the wrong thing), throw them out. If they express opinion, axe them without pity.

Beware of "modern" double-noun constructs such as: *pair gloves*. Let's make a sentence with this. "I have a new pair gloves," would write the novice author striving to be "contemporary." But "pair" is not a synonym of "two," and besides "two gloves" probably does not work in this case, because to be useful gloves need to be matched. Therefore, avoiding "pair" is not an option. The trouble with "pair" is that it is not an adjective, and cannot be used as a noun in an adjectival role, such as the noun "pine" in "a pine forest" can. In this last example, notice that in its adjectival role,

the first noun becomes a specific instance of the second one, and the subject is the second noun. However, if we stop to wonder what kind of glove might “pair gloves” be, we soon see that there is more to consider here. In fact, “leather gloves” and “silk gloves” make perfect sense, but what sense does “pair gloves” make?

Another cue in the above paragraph is that “pair gloves” has “gloves” in plural. Why is that? Because “pair” means “two of the right kind,” not just “two,” and the correct expression is “a pair of gloves.” Let’s take yet another step. Were we to use “a pair of gloves” in a sentence, such as, “A pair of gloves made a good present,” which is the subject? Are you in doubt? Let’s put it in the present tense and see what happens: “A pair of gloves makes a good present.” Why *makes* and not *make*? Because the subject is “a pair,” and “of gloves” is a clause that explains what kind of a pair it is that we are dealing with. On the other hand, in “The leather gloves,” the subject is, as expected, “gloves.”

Another linguistic trap is, “None of them.” In conversation, many people will say, “None of them are aware of the danger,” truly believing “them” to be the subject. Wrong: “none” is the subject, and it is a singular (a contraction of “no one,” or “not one”). The quick recognition clue is that “them” cannot ever be the subject; only “they” can (more on this below).

It is unfortunate that America’s educators seem to have stopped teaching grammar and syntax, and students are not encouraged to learn by imitation, since they are seldom exposed to masterfully written prose (and when they are, they are tested on content rather than style). The language rules laid out by classical Greek and Latin, most of Latin’s still firmly retained by (at least) today’s German and Romance languages, have largely vanished in contemporary American English usage (and are quickly waning in Britain, too). The need for the subjunctive (sometimes called *conjunctive*) in the English language is being largely ignored, to the point that only a few online verb conjugation sites include the subjunctive mood (that they call *conjunctive*). As an added flaw, this and other shortcomings of contemporary English-language users greatly increase the difficulty of teaching foreign languages to Americans who speak only English.

Latin is a precise and concise language, capable of great clarity. This explains why it is still in use in the legal and medical worlds, as well as being the official language of the Roman Catholic Church. When the Roman Empire expanded its reach across Europe, from Iberia at the west to the Middle East and Northern Africa in the east, it imposed Latin on the conquered people because local languages lacked the vocabulary to even understand Roman law and the functioning and conduct of Roman government. This requirement profoundly influenced these vanquished people, their thinking, and the grammar and syntax of their own language. One of these was Old Germanic, itself the cradle of the language that Anglo-Saxons took to Britain and from which modern English is partially descended. Latin is the reason why we have word cases such as “he, his, him, to him” (which, by the way, reflect only four of the seven Latin declension cases; the other three are largely lost to us). And we must not forget William the Conqueror and his *Langue d’oc*, derived from Latin and Gallic, which at first replaced Anglo-Saxon and had a lasting influence on the development of modern English.

Fortunately, someone must have been paying attention and there is still hope for our youth. Today, many high schools offer Latin as a foreign language. It has been said that Classical Latin and Classical Greek hold the key to every contemporary Indo-European language (this excludes Finnish, Hungarian and Basque, that are faintly related through a common Proto-Celtic origin that pre-dates Indo-European migrations).

English, too, when used correctly, can be a concise, powerful and elegant language. Those who understand its complex roots, the elegance of brevity, the power of clarity, and the beauty of ancient and simple words, will be sure to appreciate prose that is well-written in AP Style from a different perspective. Whatever reads well, flows easily, and sounds supremely right, stands on linguistic traditions of the past as well as the author’s understanding of and respect for the contemporary rules of grammar and syntax. 🍷

Lt. Col. Arthur E. Woodgate, CAP
SWR Director of Public Affairs



The Safety Page

Five Truths You Need to Know About Vaping

Reviewed by Michael Joseph Blaha, M.D., M.P.H.

If you have thought about trying to kick a smoking habit, you're not alone. Nearly seven out of 10 smokers say they want to stop. Quitting smoking is one of the best things you can do for your health, because smoking harms nearly every organ in your body, including your heart. Nearly one-third of deaths from heart disease are the result of smoking and secondhand smoke.

You might be tempted to turn to electronic cigarettes (e-cigarettes) as a way to ease the transition from traditional cigarettes to not smoking permanently. But, is smoking e-cigarettes (also called vaping) better for you than using tobacco products? Can e-cigarettes help you stop smoking once and for all?

Truth No. 1: Vaping Is Less Harmful Than Traditional Smoking.

E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create a water vapor that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic. While we don't know exactly what chemicals are in e-cigarettes, Blaha says, "There's almost no doubt that they expose you to fewer toxic chemicals than traditional cigarettes."

Truth No. 2: Vaping Is Still Bad for Your Health.

Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a [heart attack](#).

There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. “People need to understand that e-cigarettes are potentially dangerous to your health,” says Blaha. “You’re exposing yourself to all kinds of chemicals that we don’t yet understand, and that are probably not safe.”

Truth No. 3: Electronic Cigarettes Are Just as Addictive as Traditional Ones.

Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. “What’s worse,” says Blaha, “many e-cigarette users get even more nicotine than they would from a tobacco product – you can buy extra-strength cartridges, which have a higher concentration of nicotine, or you can increase the e-cigarette’s voltage to get a greater hit of the substance.”

Truth No. 4: Electronic Cigarettes Aren’t the Best Smoking Cessation Tool.

Although they’ve been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes.

Truth No. 5: A New Generation Is Getting Hooked on Nicotine.

Among youth, e-cigarettes are more popular than any traditional tobacco product. In 2015, the U.S. Surgeon General reported that e-cigarette use among high school students had increased by 900%, and 40% of young e-cigarette users had never smoked regular tobacco.

According to Blaha, there are three reasons e-cigarettes may be particularly enticing to young people. First, many teens believe that vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, vape cartridges are often formulated with flavorings such as apple pie and watermelon that appeal to younger users.

Both youths and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce the stigma of smoking.

“What I find most concerning about the rise of vaping is that people who would’ve never smoked otherwise, especially youth, are taking up the habit,” says Blaha. “It’s one thing if you convert from cigarette smoking to vaping. It’s quite another thing to start up nicotine use with vaping. And, it often leads to using traditional tobacco products down the road.”

Want to Quit Smoking?

There’s a strong link between [smoking and cardiovascular disease](#), and between smoking and cancer. But the sooner you quit, the quicker your body can rebound and repair itself. Talk to your doctor about what smoking cessation program or tools would be best for you. 📱

***Contributed by Lt. Col. John Kruger, CAP
SWR Director of Safety***

How the Southwest Region Public Affairs Awards Program Works

Starting with the October, 2017 issue of The Fly-By, Southwest Region Commander Col. Joe R. Smith decided to continue the January, 2013 directive of then Southwest Region Commander Col. Frank A. Buethe in that region will recognize contributions to The Fly-By as follows:

1. A SWR **CAP Achievement Award** for article publication on three different issues of The Fly-By. Multiple articles in the same issue will count as one.
2. A SWR **Commander's Commendation Award** for article publication on an additional six different issues. Multiple articles in the same issue will count as one.

Region will issue the certificate and send it to the winner's unit at the first available opportunity. The award certificate will be presented at the first available opportunity.

How to Make Submissions Suitable for Publication

Since The Fly-By is posted on the SWR website, it is an external communication. Therefore, as required by CAPR 190-1, Sec. 7.b.(7), articles must be written in Associated Press Style. If a submission that is not in AP Style is selected for publication, it will be edited to this standard. (NHQ/PA has been using AP Style for all external communications since 2005.)

AP Style is defined in the Associated Press Stylebook (available at www.ap.org). For a brief summary, please see "Associated Press Style in a Nutshell," overleaf.

"Article" is defined as a narrative that:

- Is written in AP Style;
- Answers the questions Who, What, When, Where, and Why, and preferably also How;
- Has one or more quotes from participants, with attribution;
- Has two or more digital photos attached (not embedded in the text), with appropriate cutlines (photo captions). An article submitted without digital photos that is selected for publication will count as a half-credit. For full credit, it must have accompanying photos.

General advice on writing a good article

- **Get all the facts right**, stick to the facts, and do not use hearsay or express opinion.
- **Take good digital photos.**
 - Do not use digital zoom, or else your photos will lack good focus and definition;
 - Take "action shots" of people doing something interesting that is material to the article; for each photo, identify the people on it by grade, name, and unit.
 - Make sure everyone is in the correct uniform and you identify all, as per above.
 - **Note:** Good photos are essential to add immediacy and flavor to the story.
- **Get good quotes.**
 - Ask participants for their opinion;
 - Get full grade, name, position title and unit of assignment for each quote.
 - Get the individual's consent to publish the quote as recorded (read it back).
 - **Note:** Getting quotes is how you get to express opinion, and get your readers to share the experience that you are writing about.
- **Write in good, idiomatic, unadorned English.**
 - Do not "pad" your sentences, such as saying "due to the fact that" when "because" will do;
 - Avoid trite expressions, such as "it goes without saying" – if it does, don't say it;
 - Avoid colloquial expressions;
 - Do not write in acronyms – always define the first instance, such as "Federal Aviation Administration" before you use FAA;
 - No nicknames – unless famous, such as "Ike" for Pres. Dwight E. Eisenhower. 🇺🇸

Associated Press Style in a Nutshell

Below are the most important rules to keep in mind when writing in AP Style

- Write the title in normal English-language capitalization. Never all in caps.
- Add your byline below the article title
- Do not format the text in the article (only exceptions are: bullet comments and numbered paragraphs in a section that details a process or sequence).
- Do not indent the first line of a paragraph.
- Use AP Style rules for punctuation.
- Single space the article. At the end of each paragraph, execute two end-of lines (Enter key).
- Do not introduce artificial paragraphing by hitting the Enter key at the end of each line in your article. Instead, let the text wrap naturally and tap two Enter keys at the end of the paragraph.
- Use only a single space after a period.
- Insert a dateline at the beginning of the article, following AP Style rules.
- Answer the 5Ws: Who, What, Where, When, Why + the honorary W: How. In writing a CAP article, you will always know the 5Ws.
- Write all dates in AP style.
- Do not use postal codes instead of state abbreviations (not OK but Okla., not NM but N.M.) but some states have no abbreviation, such as Texas.
- Write all military grades in AP Style.
- Write the article in the third person singular.
- Express no opinion.
- To express opinion, use one or more quotes of qualified sources – always get the quoted person's permission to include the quote, unless it is a matter of record (printed article or recorded audio-visual). Get the quoted person's grade, name, job title and organization.
- Never self-quote.
- Identify all persons by grade or title, name, job title if material, and organization.
- Never refer to a young person as "kid."
- When a young person is a CAP cadet, never use "kid," "boy," "girl" or "child" but identify each one by grade, full name (or last name only – never first name only), and unit of assignment.
- Never use "their" for the possessive of a singular subject, such as, "the cadet took their meal."
- Avoid the abbreviations i.e. and e.g. You may know what each one means, and the Latin words they represent, but most people confuse the two. Be clear. Write in English and leave Latin and non-English to scholars.
- Refer to CAP members by grade, name, duty position and unit of assignment. Never by first name.
- On second or subsequent references, use only the last name, except when there are two persons with the same last name, in which case the use of both first and last name is preferred (never just the first names).
- In the case of CAP or military commanders or higher ranking senior members, on second reference use the grade and last name.
- Do not use Lt. as a grade. Lt. is a mode of address. The correct grade may be 2nd Lt. or 1st Lt., but never Lt. The Navy is the only service that has the grade of Lt.
- Do not use exclamation marks, as doing so expresses opinion.
- Use simple declarative sentences.
- Avoid the passive voice.
- Remember the good rules of English grammar and syntax, and follow them.
- **For best results**, buy the latest copy of the Associated Press Stylebook, available at a modest cost at www.ap.org – read it, study it, know it, and use it. 📖